

Fall Slaw

12 Servings • 1 Serving = 1 Cup



INGREDIENTS

- ½ cup fat free Greek yogurt
- 2 Tablespoons tahini
- 1 Tablespoon apple cider vinegar
- 1 teaspoon salt and freshly ground black pepper
- 2 firm pears, shredded
- 1 small red onion, thinly sliced
- ½ head red cabbage, shredded
- 1 bunch kale, destemmed, leaves thinly sliced
- 1 red bell pepper, thinly sliced
- ½ cup dried cranberries
- ½ cup pecans, toasted and chopped

DIRECTIONS

1. Combine Greek yogurt, tahini, apple cider vinegar, salt, and pepper. Whisk well to combine.
2. In a large bowl, combine the pears, onion, cabbage, kale, and bell pepper. Top with the dressing and mix well.
3. Top with cranberries and pecans.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 172mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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